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NEWS RELEASE

UNIVERSITY OF SAN DIEGO



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EXERCISING AND JOGGING CLINIC SET
FOR USD ALUMNI, FACULTY AND STAFF

September 18, 1978

The University of San Diego conference center will offer an eight-week exercising and jogging program for alumni, faculty and staff Tuesdays and Thursdays at 7:40 a.m. beginning Sept. 26 at the Westpoint running track.

Brief discussions pertaining to physical fitness, weight loss and over-all health will be conducted by Bonnie Bass, U.S.D's women's basketball coach. The program also will include aerobi and rhythmic exercises.

The cost for the program is \$15. All reservations must be accompanied by payment. For more information, or to register, call 291-6480, ext. 4318.

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